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HOMEMAKERS' CHAT

Friday, January 13, 1939

(FOR BROADCAST USE ONLY)

Subject: "Grapefruit and Oranges." Information from the Bureau of Home Economics,
U. S. Department of Agriculture.

--ooOoo--

Here's a little jingle I just heard, and I'd like to dedicate it to this month, January, 1939. Anyway, it's a good beginning for my talk today.

"When grapefruit is cut up
And eaten like pie
You get more in your mouth
And less in your eye."

Well, I guess there's no debate about the eye squirts; but I'm not at all sure you do get more in your mouth if you butcher grapefruit when you section it, the way some people do.

But you are probably one of hundreds of efficient homemakers who have found a better way to section grapefruit. Probably you have found a way that leaves the sections perfect in outline, without a trace of tough membrane, and better still saves nearly every drop of the precious juice. Generally you'll find the same way works for oranges---and most other citrus fruits---as well as for grapefruit.

Is this the way you do it? First, select very ripe grapefruit. Second, peel the grapefruit, don't pare it. Don't let a single bit of juice squirt out. And use your knife sparingly.

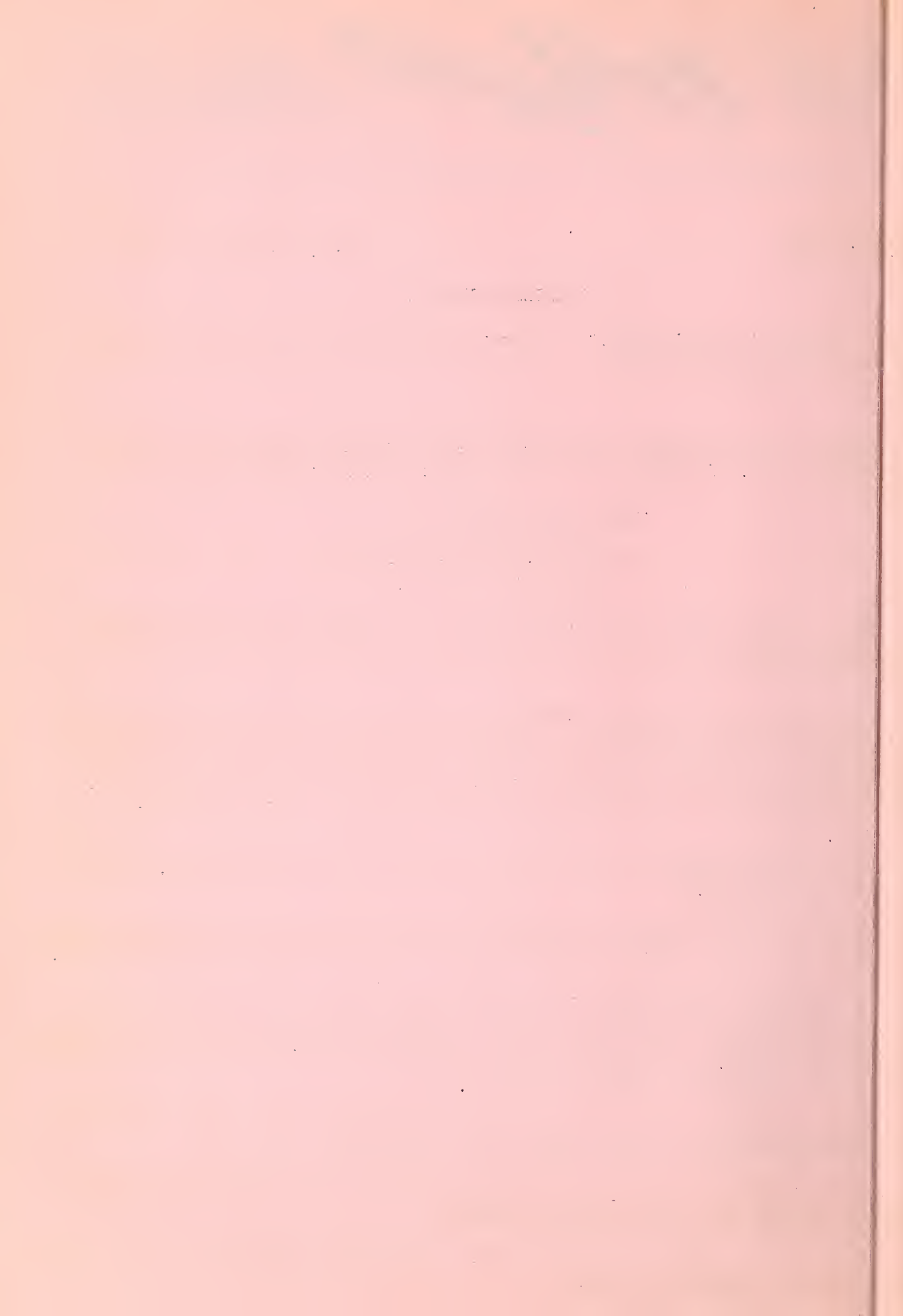
Next step is to break the grapefruit in halves. You will lose less juice if you work from the half, and don't try to separate the grapefruit into sections first.

As you work from the half, remove the membrane from each section in turn. With a sharp knife, cut the membrane along the center, much as you would slit a letter with a paper knife. Then you can poke the seeds out easily and pull the membrane loose with the fingers. You may need to use a little extra care, when you tease the membrane from the outside surface of the fruit.

Last--and best---you slide each section off whole with the broad side of the knife. Anyone who likes to make salads will be delighted at the sight.

That reminds me, I started out by saying I'd like to "dedicate" the little jingle to January, 1939. And I have my reasons.

In the first place, the biggest part of the nation's grapefruit crop generally begins rolling to market in January.



And my second reason is good news for those of us who are especially fond of grapefruit. This season's crop is the biggest ever. In fact, it's a whopper. There are nearly 2 1/2 times as many grapefruit in the country this season, as the average for the past ten years.

And also it's a good month and a good year for oranges.

And all this means, as I see it, we will have more grapefruit and orange sections for salads and fruitcups, as well as more orange juice and grapefruit halves for breakfast, than ever before.

Sometimes it scarcely seems possible that grapefruit and oranges were comparatively rare only a few years ago. Many of us remember when we saw our first grapefruit, and when the very odor of oranges suggested the smell of Christmas trees and burning candles.

Nowadays we not only have more grapefruit and oranges, but we have better ones. Most of these fruits now on the market come with fewer seeds; they are sweeter, more tender, and more juicy than the old varieties.

And shippers and dealers, as well as growers and plant breeders also help us get better grapefruit and oranges. They watch the fruit every step of the way from the orchard until the time we carry it off in our market baskets.

In the orchard, the pickers even wear gloves so there will be no fingernail scratches on the freshly picked oranges. And if we follow the fruit into the packing house, we will see the oranges being scrubbed with brushes in a special soap solution, and later covered with a coating of wax, and polished. And many of the oranges and grapefruit are wrapped, each in a separate sheet of paper, and packed into boxes.

And while I am speaking of reasons why people use more grapefruit and oranges nowadays, I want to give due credit to nutrition workers. For in their vitamin studies, nutrition workers discovered two very important things. First, they discovered that citrus fruits are unusually rich natural sources of vitamin C. Second, they found out that each of us needs a supply of vitamin C every day, because this vitamin cannot be stored in the body.

Just the other day, I came across a tip from nutrition specialists in the Bureau of Home Economics in one of the latest news letters from Washington. It is:

"The person who starts the day with an average sized serving of one of the citrus fruit juices, say half a cup of juice---or perhaps half a large grapefruit---has assured himself of a considerable part of his vitamin C needs for the day."

It is true, many other foods contain vitamin C, among them fresh and canned tomatoes, and most fresh fruits and vegetables. But oranges and grapefruit are among the best sources, especially in January when fresh fruits and vegetables are scarce.

That's all the citrus fruit news for today.

